



Pork Chops Paprikash

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce all natural tomato soup canned
- 4 servings egg noodles hot cooked
- 0.5 teaspoon pepper black
- 1 tablespoon olive oil
- 2 large onion thinly sliced
- 1 teaspoon paprika
- 16 ounce pork chops boneless
- 0.3 cup cream sour
- 0.3 cup water

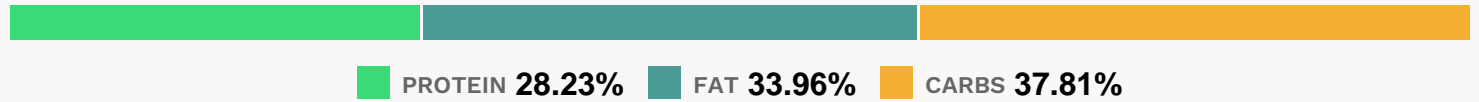
Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork and cook until well browned on both sides.
- Remove the pork from the skillet.
- Reduce the heat to medium. Stir the onions and paprika in the skillet and cook until the onions are tender, stirring occasionally.
- Stir the soup, water, black pepper and sour cream in the skillet and heat to a boil. Return the pork to the skillet. Reduce the heat to low. Cook until the pork is cooked through.
- Serve the pork and sauce with the noodles.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:22.259999720947%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg

Nutrients (% of daily need)

Calories: 434.79kcal (21.74%), Fat: 16.4g (25.23%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 37.71g (13.71%), Sugar: 10.33g (11.48%), Cholesterol: 109.11mg (36.37%), Sodium: 354.57mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Selenium: 61.09µg (87.27%), Vitamin B1: 0.85mg (56.88%), Vitamin B6: 1.04mg (51.76%), Vitamin B3: 10.21mg (51.03%), Phosphorus: 379.14mg (37.91%), Potassium: 1025.69mg (29.31%), Manganese: 0.52mg (25.95%), Vitamin C: 15.51mg (18.8%), Zinc: 2.65mg (17.66%), Magnesium: 68.4mg (17.1%), Vitamin B2: 0.29mg (17.01%), Fiber: 3.37g (13.48%), Vitamin A: 659.74IU (13.19%), Vitamin B5: 1.2mg (12.05%), Vitamin B12: 0.71µg (11.79%), Copper: 0.23mg (11.3%), Iron: 1.84mg (10.24%), Vitamin E:

1.27mg (8.48%), Calcium: 62.54mg (6.25%), Vitamin K: 5.87µg (5.59%), Folate: 21.35µg (5.34%), Vitamin D: 0.54µg (3.59%)